Notre Dame of Mt. Carmel Church

75 Ridgedale Avenue, Cedar Knolls, New Jersey 07927
Parish Office: 973-538-1358 ♦ Fax: 973-538-7403 ♦ www.ndcarmel.com

Eucharist

Saturday:
12:10 p.m. & Sunday Vigil 5:00 p.m.

Sunday:
7:30 a.m., 9:00 a.m., 10:30 a.m.
& 12:15 p.m.

Monday - Friday:
12:10 p.m. & 5:30 p.m.
No weekday 5:30 p.m. Mass from Memorial Day through Labor Day.

Holy Days:
Vigil 5:30 p.m.
Holy Day: 7:15 a.m (exc. 8/15 & 1/1).
12:10 p.m. & 5:30 p.m.

Lent:
An additional 7:15 a.m celebrated Monday - Friday.

Reconciliation
Saturday: 12:40 p.m. - 1:15 p.m.
or call to see one of the priests.

Miraculous Medal Novena & Benediction
Monday: 7:30 p.m.

Exposition of the Blessed Sacrament
Friday: 7:00 a.m. thru 7:00 p.m.
(exc. Good Friday and Friday after Thanksgiving)

Baptism
Contact the Parish Secretary to make arrangements.

Marriages
Contact one of our priests.

Sick Calls
Contact Fr. Paddy, Fr. Jhon,
or Parish Secretary.
For Communion for the homebound,
contact Jack Vales: 973-829-1425.

March 1, 2020

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First Sunday of Lent

Jesus said,
"One does not live on bread alone,
but on every word that comes forth from the mouth of God."
Matthew 4:4

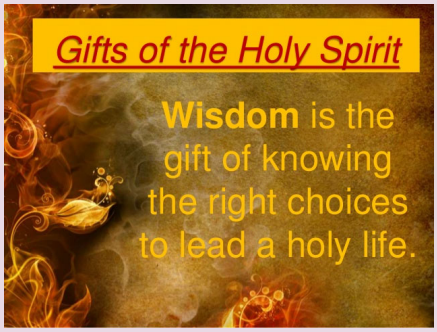
Our Parish Vision

Notre Dame of Mount Carmel is a Roman Catholic community of faith called to be missionary disciples of Jesus Christ for the purpose of bringing about the Kingdom.

Our Parish Mission

Formed by the Word, fed at the Table, and inspired by the Holy Spirit, we ***INVITE, WELCOME*** and ***GUIDE*** each other into relationship with Christ, to ***GO OUT*** and ***MAKE*** missionary disciples.

Wisdom



Wisdom helps us recognize the importance of others and the importance of keeping God central in our lives. St. Bernard calls wisdom the "supernatural Gift of the Holy Spirit which enables us to know God and to rejoice in perfect love." It is considered the highest gift of the Holy Spirit. It not only enlightens the mind, but also directs the heart to purer, deeper love for God. Wisdom rightly forms our desires so that we take greater delight in the Divine and grow in longing for heavenly treasure. Wisdom helps to sever our more worldly attachments.

Staff

Rev. Paddy O'Donovan, Pastor
Ext. 101 / *frpaddy@ndcarmel.com*

Rev. Jhon Madrid, Parochial Vicar
Ext. 103 / *frjmadrid@ndcarmel.com*

Deacon Joe Harris, Social Justice / Baptismal Prep. 201-602-0506 / *josephharris@optonline.net*

Deacon Vic Lupi, Funeral Prep/ FOCCUS
973-538-4642 / *mattlupi@verizon.net*

Deacon Joe Quinn, Care of Sick
973-476-8562 / *joeq8562@gmail.com*

Parish Trustees
Joanne McHugh: 973-428-1228
Will Fernandez: 973-515-9039

Sacristan
Marc Luciani: *lucianimar@gmail.com*

Pastoral Council President
Mike Letterese: 973-998-0750

Finance Chair
Michael Critchley: 973-725-4665

Jean Pankow, Pastoral Associate
Ext. 122 / *jpankow@ndcarmel.com*

Melissa Fasano, Parish Secretary
Ext. 100 / *parishsecretary@ndcarmel.com*

Cristina Folan, Communications
Ext. 105 / *commsupport@ndcarmel.com*

Laura Balogh,
Faith Formation Director
Ext. 121 / *lbalogh@ndcarmel.com*

Diane Byrne, Faith Formation Coordinator PreK-5th
Ext. 111 / *dbyrne@ndcarmel.com*

Maria Cascio,
Faith Formation Admin
Ext. 130 / *familyfaith@ndcarmel.com*

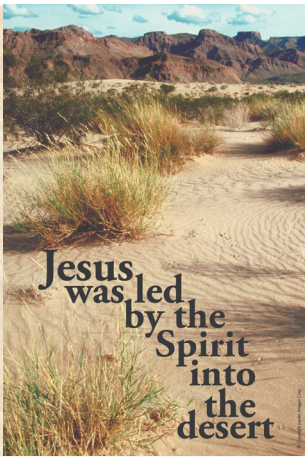
Mark Adamy, Music Director
Ext. 109 /*madamy@ndcarmel.com*

Jenny Benitez, Parish Bookkeeper
Ext. 106 / *bookkeeper@ndcarmel.com*

Jimmy Steiger, Facilities Manager
Ext. 120

Please see inside for a list of ministries and contact information.
Visit our website (www.ndcarmel.com) for further details!

STRENGTH AGAINST TEMPTATION—The first Sunday of the season of Lent always includes a Gospel account of the temptation of the Lord Jesus in the desert by the devil. This year, the story is set against the backdrop of the first reading from Genesis, which recounts the very first temptation by the devil. That story is set in a garden of delight. The Gospel story is set in the desert. As believers, we know that temptation comes our way in our own gardens of delight as well as the deserts of our lives. As Lent begins, our attention is drawn to that temptation within each of us to become like God—we want control, power, and answers to all of life's difficult questions. As communities of faith, we are given this season of repentance so that we can join our hearts with others on the difficult journey of conversion. We look to God and to one another for strength against temptation.



This Week...

Mass Intentions

SATURDAY, February 29, 2020: Lenten Weekday
12:10 † James Paquet by Marilyn Hudson
5:00 † Salvatore & Grace Vespa by their daughter & family
† Albert Branca by Gerry & Pete Mahon

SUN., March 1, 2020: 1st Sunday of Lent
7:30 † Frank Bury by Agnes Loughlin
9:00 † Daniel DiPrimo by Mary & Chet Kochan
† Fredrica LoSapio by her family
10:30 † Gerard F. Hug by Pete & Gerry Mahon
12:15 † Bea Carlone by the Fasano Family
Intentions of Mark Adamy

MONDAY, March 2, 2020: Lenten Weekday
7:15 † Angelina Martin by Louise Juliano
12:10 † Arlene O'Rourke by Carol Ann & Jim Boyle
† Raymond Blair by Carol Ann & Jim Boyle
5:30 † Carol E. Fletcher
† Frank Bury by Bob O'Hare

TUESDAY, March 3, 2020: Lenten Weekday
7:15 For our Social Events Ministry
12:10 † Kieran Keown By Diane
5:30 † James Cooney, Jr. by Theresa & Bob Kerekes
† Veronica Walsh by Jack & Betty Ann McMahon

WEDNESDAY, March 4, 2020: Lenten Weekday
7:15 † Brian Lipari by Louise Juliano
12:10 † Frank J. Loughlin by his family
5:30 † Bridget Carlone by Bob & Stephanie O'Hare

THURSDAY, March 5, 2020: Lenten Weekday
7:15 For Engaged Couples
12:10 † Sheila Brennan by Cleoty de Dios & family
5:30 † James Dolan

FRIDAY, March 6, 2020: World Day of Prayer
7:15 Intentions of Steven Fasano
12:10 † Carolina V. Yap by her husband & children
† Joseph Kraemer by Mary Hurley
5:30 † Dominic & Marilyn DiPrimo by Sharon DiPrimo & Tony Bisconti

Lamp Intentions

Sanctuary Lamp will burn for
For the Intentions of our Faith Formation Families
St. Benedict Lamp will burn for
For our Parish Renewal
Mother of Compassion Lamp will burn for
For the Intentions of a friend

Altar Linens: Jackie Heiart

To everything there is a season and a time for every purpose under heaven

… a time to be born
Tori Stellina, daughter of Anthony & Adelina Milelli

… a time to heal … Beth, Phil Barrett, Frank Boschi, Frances Caravaggio, Dcn. Al Fanelli, Rose Fladzinski, Artie Dauenhauer, Cathi Foster, Phyllis Giglio, Bobbie Hernet, Marilyn Hudson, Margy Kramer, Bill LaPointe, Catherine Leto, Eamonn Long, Mike Madden, Pat Madden, Joanie McCormack, Susan Nicoll, Margaret O'Connor, Mary Meyers Pasquino, Lonnie Perryman, Jennifer Norton Richardson, Susan Sainatto, Russell Salon, Paul Speer, Lorraine Steinsberger, Bernice & Bob West, Tammy Whittier

… a time to die ***† Robert Middleton***

… a time of great joy

SATURDAY, March 7, 2020: Lenten Weekday
12:10 For our Knights of Columbus
5:00 † James Caughy, Jr. by the Cottone Family
† Frances & John Ferramosca
by Cathy & John Ferramosca & Family

SUNDAY, March 8, 2020: 2nd Sunday of Lent
7:30 † Mary Polise by Dick and Debbie White
† Bea Carlone by Jim & Marlene Ruvo
9:00 † Kristina Carrubba by Ginny Weis
† Margaret Smith the Pniewski Family
10:30 † Elizabeth & Edward Binder by their family
† Margaret Smith by Pat & Larry Frohnhoefer
12:15 † Justin James Reeck by Mr. & Mrs. Reilly
For the intentions of my son

Divorce & Separation: You Don't Have to Go it Alone

The disintegration of a marriage, either through separation or divorce, can be one of the most painful and stressful episodes in a person's life. We may feel isolated and stigmatized, especially as

Catholics, with no one to talk to. Our closest friends are there to listen to us, but even they cannot fully appreciate what we are going through, unless they themselves have dealt with the same challenges.

For the last five years, the Divorce & Separation Ministry of Notre Dame, in the spirit of Missionary Discipleship, has been offering support and guidance to those who find themselves going through the process of separation or divorce.

According to co-chair Mike Letterese, the ministry "was conceived and implemented with the intent to address a constituency of Catholics within our congregation who have been at best overlooked and at worst relegated to a fringe or outcast position."

Originally the idea of Father Jude Salus, its purpose, says Mike, "was to determine whether a ministry of this type could effectively address the issue of Catholics dealing with divorce as well as to provide a means to welcome, console and elevate those within our congregation who were going through or had gone through this most tumultuous experience."

DIVORCECARE

The main program offered by the ministry is called **DivorceCare**. It is a 13-week program which runs every year between September and December.

"I found this program to be very helpful and supportive. I had been divorced for a very long time and would have liked to have a program like this when I was going through my divorce process" said co-leader Ann McLoughlin.

HOW DOES IT WORK?

A video is shown every week, and then the group discusses it. It sounds simple, but its power is derived from its simplicity. This is the same method used, for instance, for Alpha.

"I loved the group interaction. The group members each brought a

unique perspective. It was a warm, welcoming environment" said one participant.

According to another participant, "Not only were the folks welcoming and kind, but some had been divorced for a while, some were newly divorced, and some were in the middle of the harried process like myself. We shared a common bond, and truly understood each other. No matter what your friends and family might say, no one truly 'gets' what you are going through unless they've been through it themselves."

New parish member Caroline Adillon felt that "the best part of the program was the camaraderie of the group. Mike, Patty and the other participants were all kind, caring and non-judgmental. I felt safe and welcome in the group."

What are some of the wins, according to Patty Migliore-Torres, leader and champion of the ministry? "For me personally it is the privilege of walking with these individuals…to assure them, as often as necessary, that our Lord DOES see them and loves them."

Patty continues, "providing this type of pastoral care, we have fewer people leaving the church because they feel they don't belong. The support of Fr. Paddy, the leadership team and especially Pope Francis means more than words can say."

Patty also notes that "one of the past participants took the divorce program to his home parish, St Catherine of Sienna in Mountain Lakes," a true action of missionary discipleship!

What are some of the challenges that Patty sees? "We minister to the wounded. It's unlike most other ministries in that people aren't coming into it all happy, looking to learn something new. Sometimes they're just barely holding on."

Continues next page…

Missionary Discipleship…

Continued from previous page...

SURVEY RESULTS

The latest offering of DivorceCare at Notre Dame ended this past December. Those who took part responded to an online survey and the results were very favorable.

Nearly 90% of respondents felt the overall experience was "very rewarding". An incredible 100% of respondents said that the facilitators made a positive impact on the overall experience. Asked if they would consider being DivorceCare facilitators in the future nearly 40% of participants said that they would consider it. This is good news. Notre Dame's mission is to create missionary disciples. This shows that we are on the right track.

Finally, a few felt that the videos were too long, but only because it took away from the group discussions, of which everyone wanted more! In fact, the camaraderie was so strong that some participants have created a group which continues to meet to catch up, even though the program has ended.

STARTING OVER

In addition to DivorceCare, a follow-up four-week program called "Starting Over" is currently being offered in the spring. This series addresses not only divorce but life issues in general.

For more information on DivorceCare, Starting Over, or the Divorce & Separation Ministry, please contact Patty Migliore-Torres (pmiglioretorres@gmail.com) or Mike Letterese (mletterese@aol.com).

DO YOU FIND YOURSELF STARTING OVER?

We've all had the experience of putting something together only to have to take it apart and start over. That's ok if it's only a gas grill, but it's not okay if it's your life.

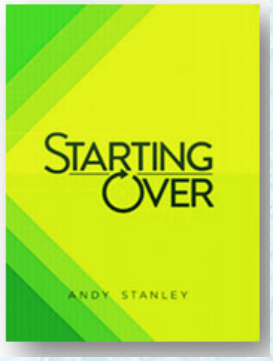
Your career… Your marriage… Your dreams…..

How do you break the cycle of mistakes and failed attempts?

In this 4-part DVD series, Andy Stanley offers practical advice to ensure that the next time won't be like the last time.

The 4-session series begins Wednesday April 15, 7:00 to 8:30 pm

Find out more and register online at www.ndcarmel.com.



Welcome Home to Healing

As part of the **Welcome Home to Healing** Diocesan initiative, the **Sacrament of Reconciliation** will be available on **Monday evenings from 7:00—8:30pm here at ND and in all parishes in the Diocese during the month of March.**

We also continue offering Confessions on Saturdays following the 12:10pm Mass (except Holy Saturday).

Our **Parish Penance Service** will be held on **Wednesday, March 25, following the 12:10pm Mass.**

IN NEED OF PRAYER?

Most of us, at one time or another, find we are in need of spiritual, emotional and/or physical healing. Our parish's Healing Prayer Ministry extends a caring and prayerful presence to those who feel they would benefit from having faith-filled, compassionate ministers pray over and with them. **Next Sunday (and every 2nd Sunday of the month), following the 10:30am Mass,** Healing Ministry members will be available for 1 hour in the Upper Room off the Gathering Space. Stop by for prayer, or bring a friend in need of it.

DAYS OF PRAYER
Loyola Jesuit Center, Morristown, NJ

- **Ignatian Discernment:** Sunday, March 15, 9:30am – 5:00pm. Cost: $40 Includes breakfast, lunch and Mass. Led by: Marie Santana, Spiritual Director
- **Hope:** Friday, March 20, 9:00am – 3:00pm. Cost: $40 Includes breakfast, lunch, Reconciliation, Mass. Led by: Judy Schiavo, Spiritual Director

Register at www.loyola.org

Missionary Discipleship…

Lenten Soup & Fellowship: Fridays in Lent Through April 3, 2020, 5:30- 7:30pm

As we journey through Lent, let's invite others (friends, relatives, neighbors, acquaintances) to join us for a bowl or two of homemade soup, some crusty bread, and the warmth and fellowship of our faith community!

Calling for soup makers and volunteers!

Sign up at our display table in the Gathering Space to bring your favorite soup, a loaf of bread , and/or butter, on a given Friday or to be a helper!

For more information or to sign up, please visit our display table in the Gathering Space, or call Sunny O'Toole at 973-884-1510.

CONNECT GROUPS: A NEW INITIATIVE!

Connect Groups are open to past participants of ALPHA or Discovering Christ. They involve small gatherings of 20-25 people meeting once or twice a month for approximately 2 hours in the home of a **Connect Group** leader(s). The gatherings are led by lay members and include time for food, fellowship, a topic, small group discussion, and then conclude with a short time of worship and prayer. The format is similar to what participants experienced in Alpha or the Discovering Christ series. As participation in **Connect** grows over time, there will be more opportunities to join a group. **At this point, however, we have formed two Connect Groups as a pilot program** which begin running this month**.** The pilot will run for 4 months, at which point leaders will assess the program and determine strategy for moving forward with the initiative.

If you have any questions, please visit our website at www.ndcarmel.com.

Women of Christ fILM & fELLOWSHIP

Upcoming: "The Gods Must Be Crazy"

Thursday, March 12, 7:00 – 9:00 PM
Upstairs in Room 201.

An international cult classic that appears to be slapstick comedy, yet it looks at the benefits and pitfalls of technology, what is progress?, the complexities of cultures, the value and impact of another, and more. Questions? Please contact Joanne McHugh at mfmchughnj@gmail.com.

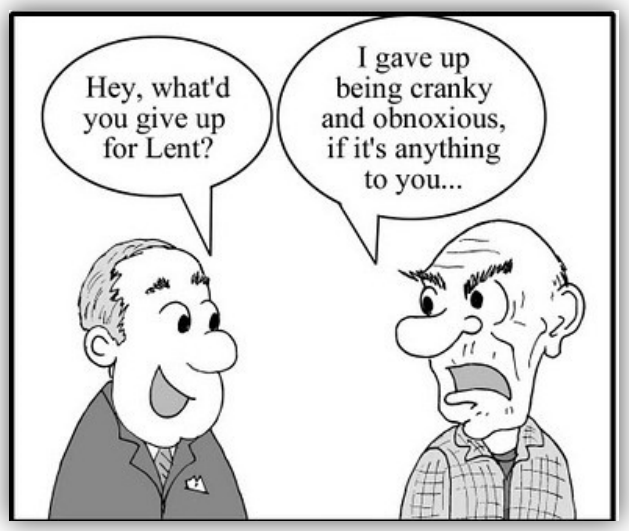
Time to Save the Date for this year's Vacation Bible School!

Monday-Friday, July 13 - 17, 2020, 9 AM - 12:15 PM
Camper Registrations Open Friday, May 1st.

Note! We are accepting teen volunteer registrations. Visit our website to find out more!

COMPASSIONATE FRIENDS

The Compassionate Friends, a self-help group for bereaved parents, siblings, and grandparents will be meeting on Thursday, March 12, 2020 at St. Christopher's Church, 1050 Littleton Road (Rt. 202), Parsippany, at 7:30pm, Rm. 101. Program: "The Things People Say" (Pictures are always welcome). For more information please call Lily Capriglione at: 973-568-4164.

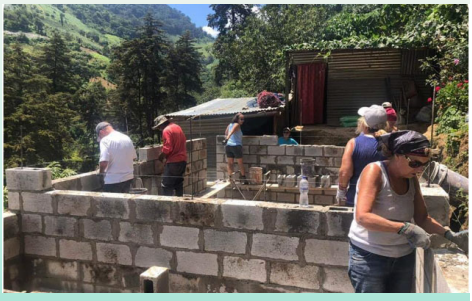


Dates to Remember

Sunday - March 1	**Sunday Masses: 7:30am, 9am, 10:30am & 12:15pm** 9 am & 10:30 am Shepherd's Call 1:15 pm Youth Discussion
Monday - March 2	**Daily Mass: 7:15am, 12:10pm & 5:30 pm** 6 pm DG: Journey through the Gospels of Lent 7 pm DG: The Five People You Meet In Heaven 7 pm Lenten Penance: Welcome Home to Healing 7 pm Rosary/Novena
Tuesday - March 3	**Daily Mass: 7:15am, 12:10pm & 5:30pm** 1 pm SLT Mtg. 7 pm DG: Bible Stories and Great Works of Art 7 pm DG: Happiness 7 pm RCIA 7 pm Social Events Ministry 7 pm Centering Prayer 7:30 pm DG: Doing Good Better 8:30 pm AA
Wednesday - March 4	**Daily Mass: 7: 15am, 12:10pm & 5:30pm** 6:30 am MGD Group 9:30 am Moms & Tots 1 pm Staff Mtg. 6:30 pm Alpha 7 pm Adult Choir Rehearsal 7 pm DG: Divine Mercy Holy Hour 8 pm Operation Appalachia
Thursday - March 5	**Daily Mass: 7: 15am, 12:10pm & 5:30pm** 12:40 pm DG: A Journey with the Psalms 7 pm DG: Questions to Change Your Life 7 pm DG: Praying with Your Eyes 7 pm FOCCUS 8:30 pm AA / Al-Anon
Friday - March 6	**Daily Mass: 7: 15am, 12:10pm & 5:30pm** **Adoration: 7 am—7 pm; Stations of the Cross: 12:40pm** 11 am Overeaters Anonymous 1 pm DG: Messages of Trust for Lent 5:30 pm Lenten Soup & Fellowship 7 pm Marriage Oneness Series
Saturday - March 7	**Daily Mass: 12:10pm; Reconciliation: 12:40pm** **5pm: Sunday Vigil Mass** 8:30 am Leadership Summit 9:30 am Quilting Ministry 10 am: DG: Knights of Columbus
Sunday - March 8	**Sunday Masses: 7:30am, 9am, 10:30am & 12:15pm** 9 am & 10:30 am Shepherd's Call 9 am RCIA 11:30 an Healing Prayer

2020 Guatemala Outreach
---- Informational Gathering ----

Saturday, March 28th at 10 AM
in Rm. 201



Come to find out more about this year's mission trip (our 7th), scheduled for the week of August 10-14, 2020. You will have an opportunity to hear personal testimonies from past participants, logistics about the trip, and ask questions!

Questions? Contact Cristina Folan at commsupport@ndcarmel.com / 973-538-1358, ext. 105.

Ministries

Adoration	Liz Laverty	973-879-2701
Alpha	Ed & Barbara Katona	973-214-1657
Altar Linens	Agnes Loughlin	973-539-9524
Altar Servers	Melissa Fasano	973-538-1358
Angels of Comfort	LuAnn Dolan	973-224-2582
Anna League	Kris Joganow	973-335-7943
Antioch	Parish Office	973-538-1358 ext. 100
Bereavement Supp.	Parish Office	973-538-1358 ext. 122
Centering Prayer	Eileen McCaffrey	973-538-2419
Christ Helpers	Greg & Dan Rizos	973-713-8068
Church Interior Care	Parish Office	973-538-1358 ext. 100
Collection Counters	Mario Tiberi	973-560-9475
Cornerstone Women	Beth Letizia	973-699-4427
	Carolyn Tortorello	201-412-9018
Cornerstone Men	Matt Cooney	973-832-5932
	Erwin D'Souza	908-635-4135
Divorced/Separated	Patty Migliore-Torres	973-610-3242
	Mike Letterese	973-998-0750
Extraordinary Ministers	Lisa Wallburg	973-428-0635
- Outreach (Homebound)	Jack Vales	862-222-5638
Gift Shop	Parish Office	973-538-1358
Guatemala Outreach	Ken/Cristina Folan	973-538-1358
Healing Prayer	Fran Saliter	973-540-9064
	Joanne Budwick	973-267-8056
Food Pantry	Bob Steiger	973-539-4359
Knights of Columbus	Mike Ricciardi	973-539-4322
Lectors	Linda Baratte	973-290-0019
	Ann Bono	973-285-0335
Marriage	Eric/Debby Kispert	973-945-0456
	Ann/Joe Bono	973-285-0335
Men's Ministry	Ed Newlands	201-841-9929
	Dennis Bloshuk	973-229-9245
Moms & Tots	Lisa Scanzera	973-659-0301
Novena	Ann Marie Hanrahan	973-539-0024
Operation Appalachia	Julia Rizos	973-714-3748
Parish Nurses	Maryann Johnston	973-539-7835
Performing Arts Ministry	Agnes Loughlin	973-539-9524
Pre-Cana	Parish Office	973-538-1358
Pat Gawdun Quilting	Alice Muir	973-451-1983
Resource Center	Sandie Sepcie	973-540-8630
Social Events	Lorelei Kelly	973-727-7035
Lent Soup/Fellowship	Sunny O'Toole	973-884-1510
Shepherd's Call	Patty Strunk	973-216-3597
	Mary McGovern	973-229-9637
Special Needs	Faith Formation off.	973-538-1358
Special Needs Junior & Young Adult	Cathy Ferramosca	973-540-8711
Tithing the Tithe	John Muir	908-403-4922
Uganda Outreach	Ben Duphiney	973-615-2433
Ushers	Mike Ricciardi	973-539-4322
Wedding Ministry	Barbara Perkalis	973-538-2374
Welcoming Ministry	Ginny Weis	973-214-6293
Widows Circle	Marge Collins	973-830-7956
Women of Christ	Peg Buck	973-960-6383

Notre Dame of Mt. Carmel
CEDAR KNOLLS, NJ

EVERYONE HAS QUESTIONS

You're invited to ALPHA!

Try our first session this Wednesday, March 4th at 6:30 PM in our Parish Hall!

NO STRINGS ATTACHED

Alpha

EPLORE

LIFE

FAITH

MEANING

Join us for dinner, followed by an inspiring video talk, and meaningful discussions in a safe and non-judgmental space!

It will help us (especially with planning for food) if you let us know you'll be joining us!
Please register online at www.ndcarmel.com.

Questions? Contact Barbara & Ed Katona
973-214-1657 / AlphaNDMC@gmail.com

Notre Dame of Mt. Carmel Church

CEDAR KNOLLS, NJ

- DARE TO BE A -
DISCIPLE

Our Performing Arts Ministry invites you to be a part of

LIVING STATIONS OF THE CROSS

Could you make the following commitment?

- ✞ **Friday, March 27, 7:00-9:00pm:** Rehearsal in Room 203
- ✞ **Friday, April 3, 7:00-9:00pm:** Rehearsal in Room 203
- ✞ **Monday, April 6, 7:00-9:00pm:** Dress Rehearsal in the church
- ✞ **Good Friday, April 10: Report at 6:30pm, Room 203; performance begins at 8:00pm**

Performances do not involve speaking parts; participants must be able to remain in position for limited amounts of time. We welcome participants for stage crew (organizing props, facilitating scene changes, etc.). We are also in need of someone who can help with costumes (repairing and/or making new ones).

Invite friends or members of your family (12 yrs old and above) to take this faith-filled, exciting journey with us this Lent.

If you are interested in being part of this special discipleship experience, please contact Agnes Loughlin at 973-539-9524 / agnesloughlin25@gmail.com.